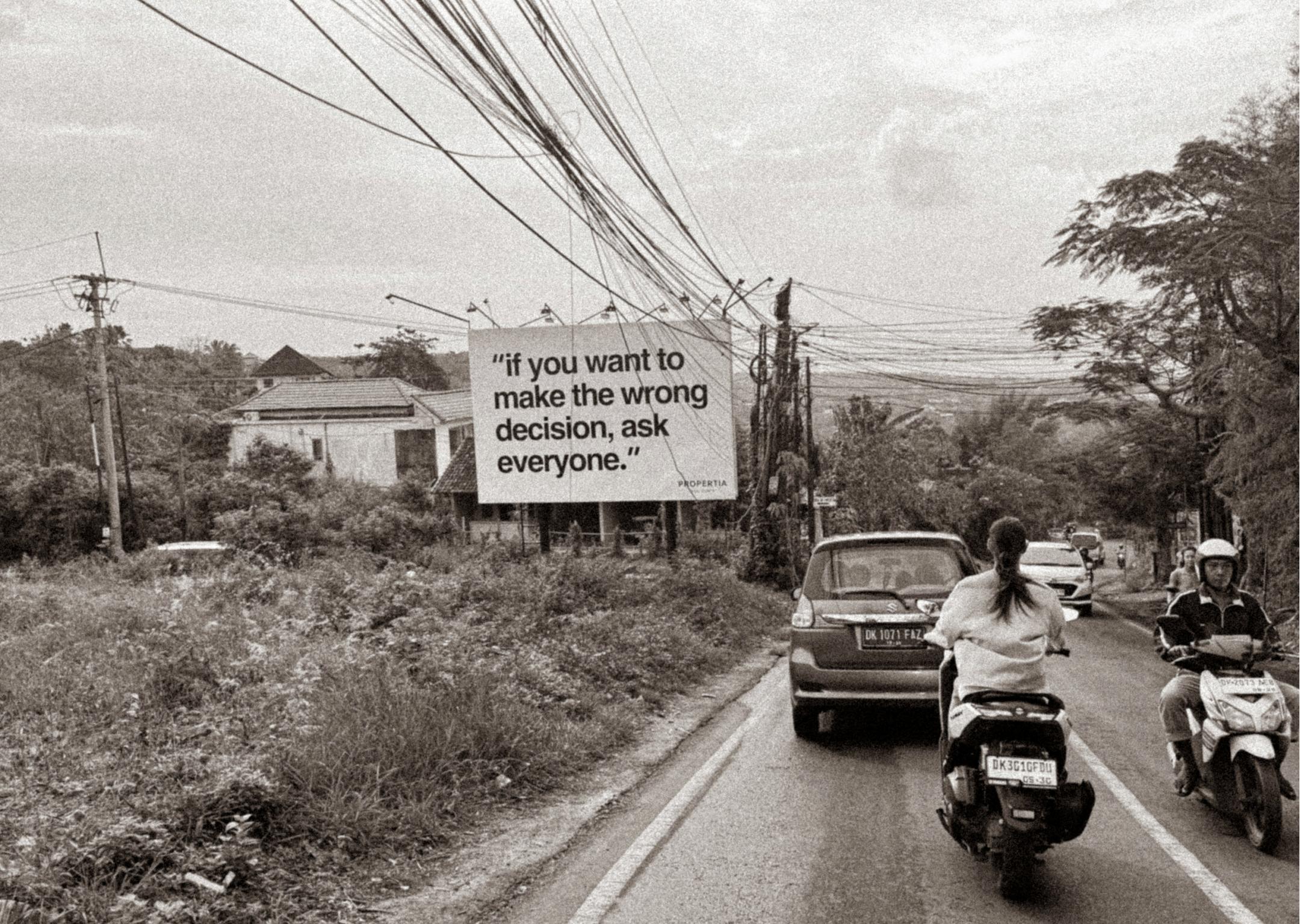




📍 ULUWATU

# BALI

*Livin' a life Future Self Retreat*



THE PERSON YOU DREAM TO BE, IS ON THE  
OTHER SIDE OF THE HARD YOU AVOID  
- COACH FUTURE SELF.



# WHY?

AT FUTURE SELF - WE ARE SO PASSIONATE TOWARDS HELPING PEOPLE CLOSE THE GAP BETWEEN WHO THEY ARE TODAY & WHO THEY KNOW THEY CAN BE. NO ONE KNOWS BETTER THAN US THAT REAL CHANGE NEEDS REAL CHANGE AND THAT ISN'T SOMETHING THAT HAPPENS FROM JUST CHANGING WHAT YOU DO, BUT THE INTENTIONAL & CONSCIOUS ACT OF CHANGING WHO YOU ARE.

THE FUTURE SELF APPROACH IS UNLIKE ANYTHING IN THE INDUSTRY AS IT MERGES YOUR FITNESS JOURNEY, LIFESTYLE AND PERSONAL DEVELOPMENT INTO ONE USING THE RIGHT EXPOSURE, TOOLS AND ENVIRONMENT TO FACILITATE REAL LIFE-LONG CHANGE.

WE HAVE SEEN OVER THE YEARS THAT SOMETIMES HUMANS NEED TO BE IMMERSED INTO AN EXPERIENCE OF WHAT LIVING A LIFE FUTURE SELF IS LIKE, AS THEY CAN STRUGGLE TO DO THESE THINGS ON THEIR OWN. THIS 7 DAY EXPERIENCE IS DESIGNED TO ENCOURAGE, GUIDE & LEAD YOU THROUGH WHAT WE KNOW TO BE SO IMPACTFUL FOR A LIFE.

# HOW.

**DAY 1**

**RESISTANCE AWARENESS**

---

**DAY 2**

**PHYSICAL DISCOMFORT**

---

**DAY 3**

**EMOTIONAL EXPOSURE**

---

**DAY 4**

**YOUR FUN & FREE DAY**

---

**DAY 5**

**MENTAL ENDURANCE**

---

**DAY 6**

**FUTURE SELF MISOGI**

---

**DAY 7**

**REFLECTION & HOME**

**WHO?**

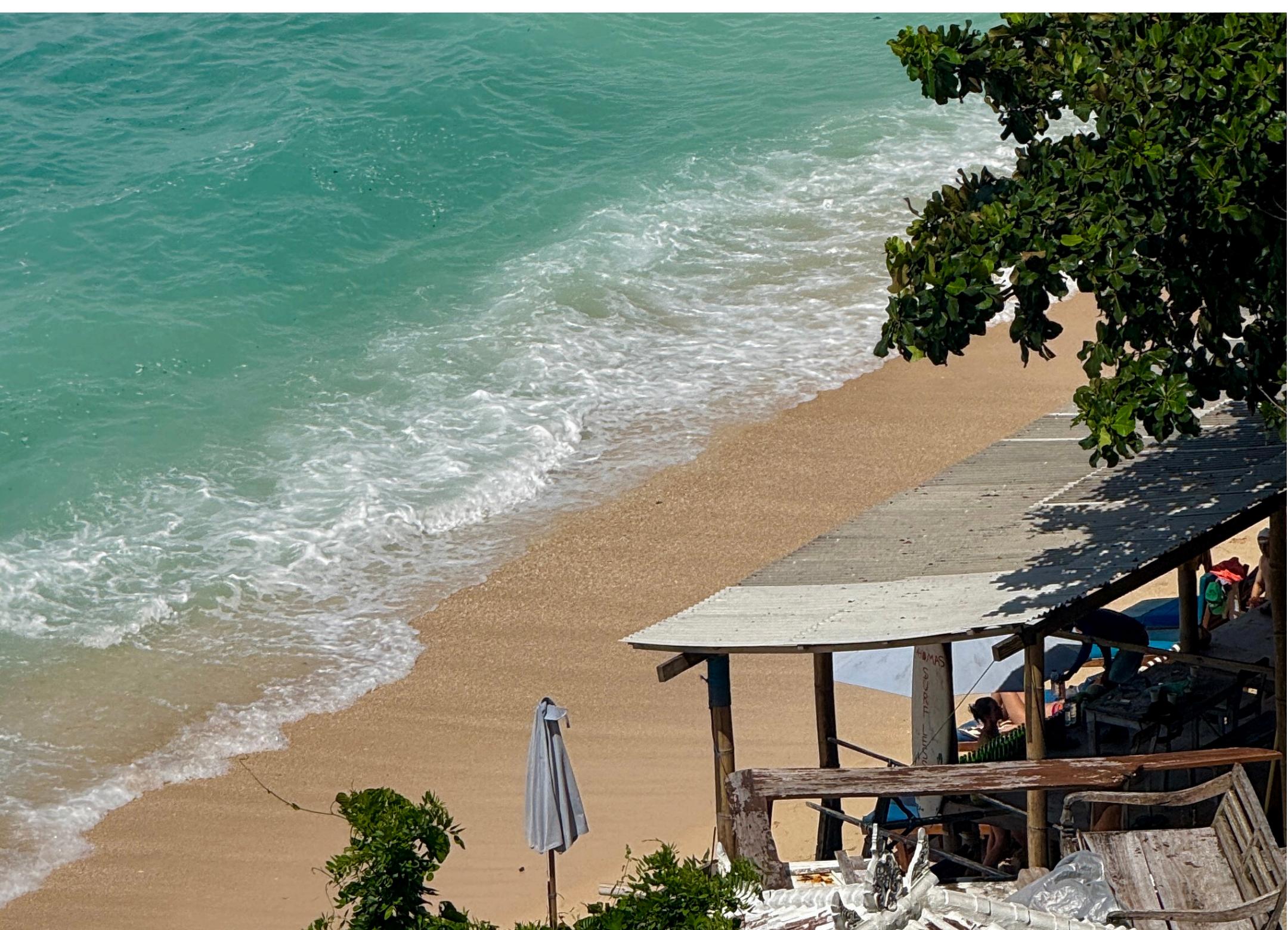
**THOSE THAT:  
KNOW THEY ARE ABLE TO BE MORE  
UNDERSTAND WHAT TO DO, BUT STRUGGLE TO APPLY IT  
WANT TO CHANGE THEIR 6/10 LIFE  
ARE WILLING, OPEN, RECEPTIVE, WANTING  
HAVE HELD BACK, STAYED STUCK, DOWN PLAYED & OVERLOOKED THEMSELVES  
WILLING TO EMBRACE DISCOMFORT, SELF HONESTY, TRUTH & ACCOUNTABILITY**

**WHO NOT?**

**THOSE THAT:  
FIGHT BEING HELD ACCOUNTABLE  
AREN'T WILLING TO BE HONEST WITH THEMSELVES  
NOT RECEPTIVE OF NEW, DIFFERENT, OR UNKNOWN  
ONLY BLAME OTHERS OR THINGS FOR FAULTS IN THEIR LIFE  
WANT QUICK FIXES OR CHALLENGE STYLE APPROACH**



NO ONE DESERVES THE WORLD MORE THAN  
YOUR FUTURE SELF... DO IT FOR THEM  
-COACH FUTURE SELF



# CHECK LIST:

- JOURNAL & PEN**
- TROPICAL ISLAND CLOTHING**
- GYM CLOTHING**
- SWIMMERS/ RECOVERY CENTRE WEAR**
- HIKING SHOES**
- RUNNING SHOES**
- PERSONAL HYGIENE & SELF CARE**
- INDONESIAN ELECTRICAL ADAPTER**
- POTENTIAL SHOWER FILTER**
- STANDARD TRAVEL PIECES**
- INTERNATIONAL E-SMI**
- VISA & PASSPORT**
- TRAVEL/ EXTRA INSURANCE**

# **NITTY GRITTY**

*TBF*

## **PRICE:**

---

**\$3500-4500**

## **INCLUDED:**

---

**Day trip/ Jewelry making**

**Massages**

**Group transport**

**Other health goodies**

**5 star accomodation**

**Class & recovery sessions**

**Partial on site private chef**

**Work shops & group practices**

## **NOT INCLUDED:**

---

**Flights**

**Visa**

**Travel insurance**

**Extra meals/ solo activies**

## **DATE & LOCATION:**

---

**ULUWATU BALI INDONESIA**

**JUNE: 2<sup>nd</sup> -9<sup>th</sup> Or 9<sup>th</sup> - 16<sup>th</sup>**

